

GRAPEVINE

VISITACION VALLEY

ISSUE # 84

SERVING OUR COMMUNITY

JULY 1993

A Scenic Ocean View Above Sutro Baths on a Hot Summer Day



Warm summer days provide an incentive for many San Franciscans to get out and enjoy the spectacular views others travel many miles to see. Staff members of the Totally Cool Vine, the Grapevine's youth section, recently visited the ruins of Sutro Baths adjacent to the Cliff House. Ming Saelee's story of the baths can be found on Page B.

New Food Labels Will Help Consumers Select Healthier Diets

Telling consumers to prepare for a new look in the supermarket, the Food and Drug Administration (FDA) and the United States Department of Agriculture (USDA) recently announced an agreement on new food labeling regulations.

According to the new laws, all processed foods will appear with new labels by May 1994. New labels on processed meat and poultry items which are under USDA jurisdiction must appear on products by July 1994.

"Quite simply, the new label will provide a consistent tool to help consumers select healthier diets," said former Health and Human Services (HHS) Secretary Louis Sullivan, M.D. in announcing the new regulations.

When picking up a product with the new label, distinguishable by a redesigned nutrition panel, consumers will notice the new and comprehensive information under a section now called Nutrition Facts.

Both the FDA and USDA considered the health issues of greatest

S.F. Urban Service Project Puts Youths to Work

Challenging young people to get involved and make a significant contribution in solving the social problems confronting the City, the San Francisco Urban Service Project enables Bay Area young people from diverse backgrounds to work for nine months at local human service agencies.

Corps members will work from September to May tutoring children, helping the homeless, assisting people with AIDS and caring for the elderly while each receiving a \$200 weekly living allowance and a public service award. USP will provide corps members with training needed to begin work and ongoing personal support to sustain the commitment.

Applications are accepted on a rolling basis, available from: Urban Service Project, 704 Sansome St., San Francisco, CA 94111.

concern to the general public, identifying nutrients that must appear on the label along with those that are optional.

Nutrients now required include: total calories, calories from fat, total fat, saturated fat, cholesterol, sodium, total carbohydrates, dietary fiber, sugars, protein, vitamins A and C, calcium and iron. If a manufacturer makes a claim about any voluntary nutrient, such as an enriched or fortified product, then such information will also be mandatory.

Nutrient content per serving will be reported as the Daily Value (DV), comprising Daily Reference Values (DRVs) and Reference Daily Intakes (RDIs), although only DVs will appear on the label. These numbers will help consumers assess how a food fits into a healthy diet, and should help prevent any confusion with quantitative values.

DRVs are required for macronutrient sources of energy including fats, carbohydrates, protein (for adults and children over age four), as well as for cholesterol, sodium and potassium. Some of these figures are based on the number of calories consumed per day, with 2,000 calories established as the reference. A product's DRV will ap-

pear as a percentage of the overall daily recommendation.

RDI replaces the term U.S.RDA, the label reference value for vitamins, minerals and protein.

With the new labels, consumers also will be able to easily compare the nutrient content of the same food produced by different food manufac-

SEE PAGE FOUR

Waste Facility Expansion Committee to Meet

The Planning Commission's advisory committee on a proposed expansion to San Francisco's Hazardous Waste Facility will hold their regular meeting at 7 p.m., Tuesday July 6, 1993 at the Southeast Facility, 180 Oakdale at Phelps. A panel consisting of Rev. Robert Riley, North Richmond, Prof. Paul Craig, Martinez and Richard Roos-Collins, staff attorney at the Natural Heritage Institute will review experience of similar committees which advised on proposed toxic projects in Western Contra Costa country. For further information please call 558-6319.

Severe United Way Funding Cuts May Cause Critical Service Cutbacks

Changes in local United Way donation patterns have caused dramatic service cutbacks for vulnerable people in the Bay Area, an association of United Way member agencies announced. The San Francisco United Way Executives Association has received word that its 97 member agencies will have their United Way funding cut by over 40% on July 1. These cuts, due to donation shifts during the 1992 United Way campaign, will be made in other Bay Area counties as well.

"United Way funding made it possible for these agencies to form a safety net of critical services for children, seniors, families, the homeless and people with AIDS," Liz Resner, president of the Association explained, ad-

ding, "That safety net is now unraveling." Ms. Resner is Executive Director of Travelers Aid, which serves thousands of homeless people in San Francisco.

The percent age of dollars designated to specific agencies instead of the United Way Community Fund increased from 34% in 1991 to 47% in 1992--or nearly half of all donations--decreasing funds available for United Way distribution by \$11 million. While many donors designated organizations that provide critical services, many other donations went to agencies outside of the Bay Area or to large national organizations that did not necessarily return them to the local chapters. In addition, the campaign itself fell short

Young People Unite To Stop Violence

More than two dozen youths gathered with brushes in hand at the decorative plaza of St. Mary's Cathedral on a hot sunny morning June 24 to paint the names and ages of approximately 8,000 children killed violently in homicides during the last 10 years.

Several newsmen with television cameras and scores of curious on-lookers watched as white silk panels were taped to the concrete for the commencement of Stop the Clock of Violence, a coalition project of Children As the Peacemakers (CATP).

Organized "to shock America into an awareness of the magnitude of the willful and accidental homicides" of children, CATP states its purpose "to mobilize our citizens, inspiring them to create positive, interactive programs for our youth which teach conflict resolution and self-esteem, enabling our children to be part of the solution that will allow them to live, grow, thrive and contribute."

Youths from several organizations took part in the lettering, which was painted on wavy lines chalked under the watchful eyes of community leaders and supporters who each conveyed emotional feelings for the large number of senseless killings having claimed many young people as victims.

"The sun is indeed shining on this project," announced project founder and executive director Patricia Montandon as she tersely condemned the senseless murder which has recently grown at an unprecipitated rate. She was joined by project co-director Frances Luster, who had lost her only child to a violent death.

Both women cited a recent incident where a young man was brutally gunned-down after members of his group sprayed water on women from a high-powered squirt gun at an East Bay service station, inciting a deadly reaction from a boyfriend irate boyfriend later dispatched to the scene.

These and other shocking statistics have prompted CATP's war on handguns, whose members are asking people across the nation to turn in to their local churches to eventually be melted down in creating a memorial designed by renowned artist Stephen de Staeler.

Outraged when a critic told her that "Guns are as American as apple pie," Montandon responded that the pie was filled with poisonous lead.

As the young painters were joined by other youths who were briefed and then put to work on panels, Luster noted, "These children are saving their own lives."

When finally completed, 100 four-by-ten foot sections will be joined into a White Silk Banner of Hope to be the centerpiece of a 10 a.m. unfurling ceremony at St. Mary's Cathedral on September 11. Young people then designated as peace ambassadors will plea to "stop the clock of violence that is killing America's children."

A unfurling ceremony featuring joined panels from across the country will be held in Washington D.C. at a later date.

of its goal and lost pledges due to corporate layoffs.

"This was probably an unintended consequence for the people who made the donations," said Amy Reisch, Executive Director of the YWCA of San Francisco, Marin and San Mateo Counties. Ms. Reisch, who represents member agencies on the Board of United Way of the Bay Area, added, "People are actually realize that direct donations spread out over thousands of agencies would actually reduce the money United Way agencies use for critical services right here." Her agency, for example, assists low income women and girls in three Bay Area counties and will lose over \$150,000 in funding.

NEIGHBORHOOD NEWS

Good News from Geneva Towers: Lucy White informs the Grapevine that they now have a **Children/Youth Health Clinic** for ages infant to 18 years old. Held every Tuesday from 1:00 pm to 4:00 pm in Building B - Room 201, the clinic is staffed by Jacki Wasserman, Nurse Practitioner; Darryl Hawkins, Social Worker and Tonya Fish-Rasdale, Health Worker. Sponsored by Health Center #3 and Southeast Mental Health Clinic, under the auspices of the San Francisco Department of Public Health, the clinic opened to the public on June 8, 1993. For information and appointments, call 468-1800.

Also, the Geneva Towers Recreation Center has opened the **Geneva Towers Day Camp**. With activities including sports, arts & crafts, contests, Campfire Programs, Awareness Programs, Video Day, Library, Parent-Child activities and free lunch daily, the Day Camp will be a really fine service for families of the Towers. Call Vernon Long at 586-4881 for information.

From Mr. Chao at Little Vis, we hear that the Recreation & Park Department is sponsoring a **Latchkey Program** at the School, at 55 Scherwin Street. Featuring lots of recreational activities, sports and field trips, the program runs from 10:00 am to 5:00 pm daily, and costs only \$10.00 per month. For information on how to join, call Sean McGrew or Angela Maestri at 337-4712 (TDD 666-7043).

The Visitation Valley Reading Center announces their July 1993 Programs

for Children. On Wednesday, July 7th at 10:00 and 10:45 am there will be a Preschool Storytime for ages 3 to 5. The "Trip Trap Troop" will have a puppet show on Wednesday, July 21st at 10:00 and 10:45 am. On Tuesday, July 20th at 2:30 pm, the Library will have Videos for children, and on Tuesday, July 27th at 10:00 and 10:45 am, there will be a crafts program. Please patronize your Visitation Valley Reading Center at 45 Leland Avenue. Call 337-4790 for group reservations. Look for news of the Summer Reading Fun program from June 19th to August 14th, and win prizes!

The **San Francisco Organizing Project** has organized the parishioners of **Our Lady of the Visitation Church**, who join a federation of 35 church communities throughout San Francisco. They hosted a meeting with Mayor Jordan on June 24th to enlist the help of the Mayor in working to improve our community. The church members asked the Mayor to help get them more police protection in the form of additional CPOP, motorcycle, honda, parking enforcement officers, robbery/theft/assault/auto details to work the Valley. They also requested better lighting, a graffiti abatement project, expanded



swimming pool and recreation facility hours and a new facility for the Valley youth. The Mayor promised that he would do all he could to help the organization achieve their goals. Congratulations to SFOP on their great turnout...standing room only at the Church Hall.

City College classes for the fall semester begin August 24, 1993. Because of the budget problems they have (along with everyone else), there is a new rule: at least **24 persons** must register for a specific class **before** they will agree to have the class. Be sure, if you want to take a class, to sign up early. If you are not presently a City College student, call 239-3835 to find out how to enroll. Registration for continuing students is 239-3430. City College offers a wide variety of classes from Childcare worker training, to computer sciences, to sewing, cooking, languages and ESL, you name it...they probably have it. Check it out!

Congratulations to Victoria Gray, who received her Masters degree in Social Work at San Francisco State University...and to all our Valley graduates.

VVCC welcomes new staffers Katrina and Ayanna in the Childcare Program, Sadie in Ready for Work Program, and Larry and Michelle in the Job Club Program.

Condolences to the Sandoval family on the loss of Lily's husband and two dear babies in a terrible accidental fire. Lily and Monique have lost not only their family, but everything they owned in the fire. They could use anything that you might have and not need yourself, such as sheets, towels, dishes, pots &



pans, and other household goods. Call the Grapevine at 467-6400 if you can help, and we'll put you in touch.

Condolences also to the families of Donnell Lee Jones and Dennis Green. These young men were murdered right here in the Valley. We hope that you'll remember all our departed children in your prayers.

Administrative Assistants Important to Business

According to a recent nationwide survey, the administrative assistant is increasingly becoming a powerful player in the executive office. Almost 60 percent of senior managers believe that the influence of administrative assistants on executive business decisions has increased compared to five years ago.

Developed by OfficeTeam, a national staffing service specializing in temporary and permanent general office and administrative professionals, the survey was conducted by an independent research firm which polled executives from the nation's largest companies.

When respondents were asked if the influence of administrative assistants upon business decisions made by top management had increased compared to five years ago, 58 percent agreed, while 25 percent felt the influence had actually decreased. About 14 percent thought it hadn't changed at all.

"For years, secretaries were viewed

as employees who primarily provided clerical support," said Max Messmer, chairman of OfficeTeam. "However, as companies have become leaner and management layers have thinned, top executives are relying increasingly on their administrative assistants to handle daily business matters."

More than three quarters of the respondents also felt the use of the business title "secretary" has decreased in the same time period, while most polled otherwise preferred "administrative assistant" or "associate."

Four-Footed Friends Frightened on the Fourth

The bombs bursting in air on the Fourth of July may make your heart swell with pride--and your pet's heart skip a beat.

Nowonder animals don't have fun on the Fourth--they can't understand that the loud noises and flashes of light are all in celebration. Pets indoors often react to the explosions by cowering, biding and trembling in fear. Animals left outdoors have been known to break through screen doors and leap over fences in frenzied attempts to escape the commotion.

That's why The San Francisco SPCA urges all pet owners to take the fear out of the Fourth by following some simple rules:

- *Don't take dogs to places where there may be fireworks.

- *If you plan to be away from home on the holiday, bring the outdoor pet inside and leave the animal in a quiet, protected area. Animals left in the yard may not only attempt to break out, but may also fall prey to possible abuse by misguided individuals.

- *If you're at home with a scared canine, don't reinforce your pet's behavior by doling out sympathy. Instead, divert your animal's attention by practicing an obedience routine or playing a lively game of fetch.

- *Make sure your pet is wearing an I.D. tag in case it escapes the protective confines of your home.

Little Hollywood Reports

by Richard F. Kline

Welcome, to the residents, the members and the friends of the Little Hollywood Improvement Association.

After the past several months without meetings, as the new president, I invite you to our next meeting, July 13, 1993, the second Tuesday of the month at 6:00 p.m. As always, we meet at the Korean at 114 Lathrop (Between Tunnel Ave.) Coffee will be served, and I will bring you up-to-date on what has gone on since the last time we met.

As always, Don Bertone is still a member in good standing, but has found it necessary to step down from the presidency because of the pressure of all his other activities.

As before, the yearly dues of \$10.00 is now in order. Please phone me if I can be of any help or answer any questions.

With best wishes, and hoping to have a BIG-G-G turn-out. Bring your friends. The meetings are always open to the public.

p.s. We need a treasurer and a secretary! Any volunteers?

286 Tocoloma St.
(468-3857) Little Hollywood

ENVIRONMENTAL INTERNSHIP

Summer 1993

Sanitary Fill Company, the operator of the City's transfer station and Household Hazardous Waste Collection Facility, is offering an internship for students interested in a career in the environmental field.

Candidates for this internship must live in our community (zip codes 94124 or 94134) and have completed the 11th grade, including at least one year of high school science classes.

Interns will work with our hazardous waste staff in developing educational materials, giving tours of our facility, office and computer work, and investigating incidents of abandoned hazardous waste.



How to Apply

Call Gwendolyn Smith at Sanitary Fill, 468-2442, and ask for an internship application form.



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\$150	\$80	\$45

1/8 PAGE	1/12 PAGE	DEADLINE
\$25	\$15	20TH OF PRIOR MONTH

10% SAVINGS ON SIX MONTH CONTRACT

GRAPEVINE VISITACION VALLEY

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Sorting Out the Diet and Cancer Puzzle

For many of us growing up, mom's dessert was often the ultimate reward for finishing our peas and carrots. But while mom advised eating plenty of vegetables to avoid nutritional deficiencies, scientific evidence now suggests there's an even greater incentive: a reduced risk of some types of cancer.

"An incredible consumption of vegetables as well as fruits that contain carotenoids, has been consistently associated with a reduced risk of a number of cancers in both prospective and retrospective studies," said Regina Ziegler, Ph.D., M.P.H.

According to Ziegler, a nutritional epidemiologist at the National Cancer Institute (NCI), increased consumption of produce is related to a decreased risk of cancers of the digestive, respiratory and urinary tracts.

But it's still unclear whether fruit and vegetable intake influences hormone-related cancers, such as breast cancer and colon cancer, which are among the leading causes of cancer in the United States. Scientists believe other nutrients such as fat and fiber, as well as genetic and lifestyle factors, also play important roles in the diet/cancer puzzle.

With the enormous scientific literature available today, it's hard to believe the relationship between diet and cancer were formally acknowledged little more than a decade ago.

In 1980, two English scientists, Sir Richard Doll and Richard Peto es-

timated that about one-third of all cancers may be related to diet; that figure was updated last year to indicate anywhere from 20 to 60 percent of all cancers may be diet-related.

The first official publication recommending specific dietary guidelines to reduce cancer risk was published by the national research council in 1982. Among the key evidence was population studies showing dramatic differences in cancer morbidity and mortality rates for countries where different diets were consumed.

"The Japanese historically have followed a low-fat diet that is high in vegetables and sources of complex carbohydrates such as rice," explained Peter Greenwald, M.D., NCI's director of the Division of Cancer Prevention and Control. "However, as the Japanese diet has become 'Westernized' to include larger amounts of animal fats and increased caloric intake, incidence and mortality rates for breast and colorectal cancers have shown a marked increase," he said.

In contrast, Finns consume about 40 percent of calories from fat, yet incidence of colorectal cancer is low.

To date, studies on the link between dietary fat and cancer remain inconclusive. While some studies show a positive relationship, others have found no association, Greenwald said.

To clarify the effect of fat intake on breast cancer risk, NCI is supporting dietary intervention trials comparing breast cancer incidence of women on a low-fat versus a high-fat diet. To determine the feasibility of long-term dietary compliance to a low-fat diet, a study in minority populations also will be conducted with postmenopausal women who are receiving hormonal therapy.

Of the various micronutrients thought to be related to cancer risk, many researchers first studied beta carotene, one of about 500 plant pigments called carotenoids. Beta carotene is a precursor of vitamin A and is found in yellow, orange and dark green vegetables and fruit.

Beta carotene and other antioxidants are believed to impart protective effects by trapping oxygen radicals and preventing oxidation, a metabolic process that makes cells

more susceptible to carcinogens.

"In the early days of dietary research, scientists focused on beta carotene because its levels in the blood are responsive to dietary intake and it had a plausible mechanism as an antioxidant," said Ziegler. "Researchers were excited because it explained why reduced cancer risk was associated with vegetable and fruit intake."

In recent years, however, scientists have turned their attention to vitamin C, dietary fiber and the other carotenoids such as lutein and lycopene found in vegetables. Recent epidemiological studies indicate that increased fruit and vegetable consumption is associated with a reduced risk of many, if not all, cancers. "It may not just be beta carotene," said Ziegler.

Since only about 10 percent of carotenoids are converted to vitamin A, researchers now hypothesize the protective effects of produce may involve carotenoids that are not even converted to vitamin A or that other factors are at work. For example, foods rich in beta carotene are often high in vitamin C and fiber, both of which have been associated with anti-cancer effects.

"Prospective studies involving beta carotene have shown a consistent reduction in the risk of lung cancer and stomach cancer," said Ziegler. "What we don't know is whether the beta carotene levels uniquely reflect a role for beta carotene, or whether they're just an extremely good marker of increased vegetable and fruit intake."

Fiber is the indigestible parts of grain, fruits and vegetables. Scientists have proposed several ways in which fiber may effect cancer risk: 1) by speeding up the intestinal contents through the digestive tract and thus decreasing the amount of time these contents come into contact with the intestinal wall; and 2) by attracting more water into the digestive tract, diluting the bile acids, and speeding the feces through to evacuation.

A combined analysis of 13 international studies provides strong evidence that high intakes of fiber-rich foods decrease cancer risk for both the colon and rectum. Based on current scientific evidence, the NCI is encouraging at least five servings of fiber-rich food each day.

NCI also has implemented the Polyp

Prevention Trial, a four-year study to determine whether a low-fat, high-fiber and vegetable-and-fruit-enriched eating plan will reduce the recurrence of colon polyps in persons over the age of 35. Half of the 2,000 male and female participants will consume a low-fat diet, including five to eight servings of fruits and vegetables a day.

At least one study has shown fiber's effect on the bowel may also be beneficial in lowering estrogen levels, which are associated with an increased risk of breast cancer.

"If fiber binds some of the estrogen in the bowel and causes it to be excreted, then estrogen levels would be reduced slightly," said Greenwald. "It's an important area of research, but not confirmed at this point."

Much remains to be learned about the role of nutritional factors in the cause of cancer. While individual nutrients such as fiber and beta carotene appear to play a major role, researchers are still struggling to understand the significance of the interaction between these nutrients and individual responses to diet, which may be affected by genetics, lifestyle and many other factors.

The protective factors in fruits and vegetables have not been conclusively identified," said Ziegler. "We can't say whether it's this class of fruits or this class of vegetables that's most protective."

But in the meantime, the American public should increase fruit and vegetable consumption as a prudent, if not yet proven, way to reduce cancer risk.

Letter to the Editor

Dear Editor:

I am a senior at the VVCC Senior Center and have been living in the valley for more than 75 years. I like the Grapevine very much, but like many elders, cannot read many of the printed articles, ads and games.

My absolute favorite column in the Grapevine is the game by Anne Kaartunen, The Puzzler, but I cannot read the fine print and often cannot complete the game. Please use larger print.

Thank you for considering this request, and by the way, do keep up the good work.

Rose Donovan and VVCC Seniors

Pesticides and Panic

At a time when overwhelming scientific consensus - from the National Cancer Institute, the Surgeon General and the American Academy of Pediatrics - recommends increased intake of fruits and vegetables to reduce cancer risk, Americans continue to express concern about cancer risks of pesticides on such commodities.

Recently, the American Medical Association's (AMA) Council on Scientific Affairs thoroughly examined the scientific evidence related to pesticides and cancer. The Council considered man-made as well as natural pesticides, synthesized by plants to ward off predatory insects.

It concluded that, "The levels of synthetic pesticide residues in food seem so low as to be of no consequence whatever," citing evidence that Americans consume more than 15,000 times more natural pesticides in food than synthetic pesticides each day.

When plants are under attack by insects or diseases, they produce increased amounts of natural pesticides, many of which are carcinogens.

AMA said the failure to use synthetic pesticides to avert insect attack "may actually increase exposure to carcinogenic pesticides produced naturally by the plant."

Health Claims on Produce

In its new nutrition labeling regulations, the Food and Drug Administration announced it will permit health claims on the relationship between fruits and vegetables and cancer risk.

Claims will be made through third party references, such as the National Cancer Institute; statements; symbols; and vignettes and descriptions. To be eligible, foods "must be or contain a fruit or vegetable," and meet the FDA's "low fat" requirements.

The agency also said foods must be a good source of dietary fiber or vitamins A or C without fortification.

COMPOSTING: It's Recycling, Naturally!

Bargain Compost Bin - only \$35.00 (Retail for \$99.00)

Turn your food scraps and yard trimmings into compost for your plants.



Free Hands-on Composting Workshops by S F League of Urban Gardeners (SLUG)

Where: Garden for the Environment (Sunset District, 7th & Lawton)
Cost: Free
Time: Saturday 10 am to 12 noon. (* Sunday 2 - 4 pm)

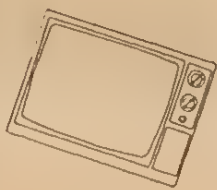
July 10 Basic	July 18* Worm	July 24 Basic
Aug. 7 Worm	Aug. 21 Basic	Sept. 4 Basic



For information on getting a bargain bin and workshops, call the SLUG Compost Hotline-285-7585

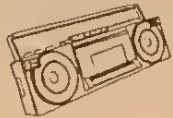
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For more info, call:
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(415) 467-6400

HURRY...LIMITED ENROLLMENT!

NEXT SESSION BEGINNING JULY 12, 1993!



STOP THE PRESSES!

Early Wednesday afternoons are usually marked by plenty of activity in the front office of the Springtown Review-Tribune. With a 1:00 p.m. deadline set for Thursday's weekly newspaper, last minute classified and display advertising revisions, along with the usual late news items, always seem to stream in, leaving an air of uncertainty to the final page make-ups of Dil Crinkle, publisher Cyrus Vonwog's ornery longtime dedicated compositor and printer, who set the six-page broadsheet's type on an antiquated linotype. He fueled the many long hours in the newspaper's poorly ventilated pressroom with shots of Southern Comfort from a large economy-sized bottle he kept hidden in a secret storage compartment below the rickety letterpress.

Doing double-duty at the front desk was Paul, the Review-Tribune's rotund photographer and occasional reporter who was sloppily writing down customers' want-ad orders with one hand while using the other to chomp on one of several jelly doughnuts from a nearby pastry shop. Smudged purple fingerprints adorned every paper Paul handled as he unsuccessfully attempted to wipe the sticky residue from his hand with an already ink-stained rag.

"You big fat oaf!" yelled Crinkle to Paul all the way from the pressroom located at the back of the building. "I can't even read these order forms! You've gotten that sticky crap all over the papers! What did you do, blow your nose in 'em?"

"I was eating my lunch," Paul smugly answered the older man in a whining lisp as he walked back to the pressroom dangling the dirty rag in his left hand to see Crinkle seated at the linotype with his big black bulky plastic framed glasses pushed over his gray hair writhing impatiently as he nervously flipped through the forms and squinted his eyes attempting to read Paul's jelly-stained scribbled handwriting. He threw his heavily-tattooed arms up in disgust as he twisted his chair to face his baby-faced co-worker.

"Oh yeah! Nice lunch! A bunch of doughnuts," remarked Crinkle. "Health food for your brain, right lardo?"

Upset at the spontaneity of his perpetrator, Paul threw the dirty rag to the floor next to the press and screamed, "Oh, and Southern Comfort is the breakfast of champions!"

"Keeps me goin' round the likes of you," retorted Crinkle with an sinister smile as he quickly ended the conversation by taking a huge gulp of booze from the bottle while twisting his chair to again face the keyboard. "Dumb blimp," he mumbled while coughing

repeatedly and attempting to wipe the jelly smears from the forms.

Later that afternoon, after having completed the Review-Tribune's page frames, Crinkle prepared the press for the newspaper's usual run of about 2,000 copies.

"Are we ready?" questioned publisher Vonwog, dressed in his trademark gray vested suit with a chain connected to his favorite pocketwatch.

"Just say the word," answered Crinkle, as he waited for his lanky employer's weekly word of commencement.

Vonwog pulled the little round gold watch from his vest pocket and with his left index finger in the air said the magic word "Now!"

Crinkle immediately started the press, which rolled for approximately five seconds before suddenly stopping with a loud "ca-chunk!"

"What the...," said Crinkle as Vonwog and he stared in bewilderment at the motionless machine.

"Get somebody to fix it! Quick!" screamed the publisher as he rushed to the side of his suddenly ailing press and began to randomly fumble with some of its complicated internal workings.

"Uh, boss," interjected Crinkle as he watched the publisher tinker unsuccessfully with the press. "Don't you think it's about time you break down and ..."

"It's about time for you to quit second guessing things and get somebody in here now!" Vonwog angrily retorted as he began fanning himself with a clipboard. "Whew! Sure is hot in here! How do you stand it, Dil?"

"By doing this!" answered the printer as he walked out of the pressroom, through the office and out the front door.

As he paused to light the cigarette he always kept ready for duty on his left ear, Crinkle noticed four of the town's businessmen, all Review-Tribune advertisers, marching up the street towards the newspaper office. Leading the way was Harold Slap, Spingtown's notoriously frugal landlord followed by his cohort attorney Phineas Staller, Jack Woodleaf of the Woodleaf Market and mean old Sam Flem of the Springtown Pharmacy.

"We all heard from your photo man that the pa-puh isn't gonna run tomorrow, bellowed the drawing Slap at the printer, "and we'd like our refund right now!"

Crinkle took a long look at the thrifty contingent approaching him on the sidewalk as he took a puff of his Pall Mall and commented, "Are you guys for real? Do we have everybody here asking their money back? Oh, no! Just Tightwad the slumlord, Skinflint the lawyer, Gypjoint the grocer and Grump the druggist."

"Wisecrack all you want, Crinkle," said Woodleaf. "Cyrus owes us money if the ads aren't running," he said as the four men marched in order through the newspapers's front door to commence verbal hostilities with the waiting publisher.

Moments later came the distinct up-the-sidewalk waddling of Paul, his mission of antagonism completed with the barrage of yelling and screaming taking place in the Review-Tribune's front office.

"Seems like a lotta commotion goin' on in there," remarked the photographer to Crinkle as he stopped momentarily by the newspaper's front entrance before chancing to enter into a seemingly dangerous confrontation.

"You might as well go right on in and join the merriment, bigmouth," replied Crinkle sarcastically. "It's all your fault those old geezers are in there giving Cyrus a hard time," he added as Paul frowned embarrassingly while entering the office to interrupt the yelling, which promptly resumed even louder five seconds later as the uninvolved Crinkle smiled and took another puff from his cigarette. Turning his head to face the other direction, his somewhat-happy mood soon changed to that of contempt in spotting an obviously drunken Jim McCrabby, his lifelong arch-rival, staggering up the street.

"Getting a jump on the weekend, huh McCrap?" he yelled to the inebriated plumber only to be answered with a most-unsightly hand gesture which resulted in both men simultaneously screaming every obscenity known to man.

Words soon turned to blows as both Crinkle and McCrabby engaged in a rather below-the-belt form of fisticuffs, as dirty boots found their marks on groins and cigarette butts went flying from mouths. Both men rolled around on the sidewalk for several minutes trying to achieve a knock-out punch before crashing into a tree where McCrabby's anger finally succumbed under the effects of the liquor.

New Food Labels

FROM PAGE ONE

turers. Serving sizes of products will be uniform and reflect the amounts that people actually eat.

These "reference amounts" list the amounts of food customarily consumed at one time and are based on national food consumption surveys.

Other changes expected to impact the way Americans eat are standardized food descriptors and health claims. Terms such as light (lite), free, less, high, low, reduced and lean have been carefully defined. When using any of these terms on the label, products must comply with standard definitions.

For the first time, claims about the relationships between a nutrient or a food and the risk of a disease or health-related issue will be permitted. Claims were approved in seven areas: calcium and osteoporosis; saturated fat and cholesterol and coronary heart disease; fiber-containing grain products, fruits and vegetables and grain products that contain fiber and risk of heart disease; sodium and high blood pressure; and fruits and vegetables and cancer.

An eye-blackened bloody-nosed Crinkle then crawled through the newspaper's front door and through the front office unnoticed, where the bickering businessmen had been joined by Paul in their continuing argument.

Noticing several small drops of blood from his nose on the pressroom floor, he suddenly eyed the rag Paul had thrown to the floor earlier that day and lunged forward attempting to grab it and wipe away the tell-tale evidence. Apparently lodged by something not visible, Crinkle again reached for the rag, forcefully tugging it free of the press, which suddenly began functioning normally.

"Well, I'll be...," remarked Crinkle as he wiped up the stains as the front office combatants rushed back to see the press printing newspapers.

"Good work, Dil!" remarked Vonwog as he called attention to what appeared to be ink around the printer's blackened eyes while the four businessmen abruptly aborted their mission by quickly bidding their adieus and hastily retreating through the front door without further words.

"Not so fast, Paul," yelled Crinkle as he stopped the guilt-ridden photographer from exiting the building while temporarily shutting down the press. "Since this little debacle was entirely of your doing, I think you should at least make up for some of it by getting your camera and capturing the profile of the resting gentleman against the tree outside the office."

With page modifications soon made and the final halftone in place over the caption "Under the spreading maple tree, the village plumber lies," Crinkle smiled as he again started-up the press, with a characteristic McCrabby again gracing another Review-Tribune front page.

Nutrition Facts

Serving Size 1/2 cup (114g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

% Daily Value*

Total Fat	3g	5%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	300mg	13%
Total Carbohydrate	13g	4%
Dietary Fiber	3g	12%
Sugars	3g	

Protein 3g

Vitamin A	80%	Vitamin C	60%
Calcium	4%	Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram
Fat 9 Carbohydrates 4 Protein 4

Here's how the new labels will look.

From International Food Information Council

Visitacion Valley Dental Office

Albert Kuan, D.D.S.

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A Project of the Visitation Valley Grapevine funded by the San Francisco Arts Commission

TOTALLY COOL 'TINE

Number 10
Grapevine Youth Section
July 1993

Academy of Sciences Trains High School Students

Funded by a Pacific Telesis Foundation grant, the California Academy of Sciences trains high school students to present science programs in the Academy's Science in Action Intern Program.

Students apply for internship by completing an application that includes a teacher's recommendation and a one-page essay on the importance of science education.

Intern projects range from the biology of sharks, birds of prey and evolu-

tion to an overview of the solar system and space. Student interns make presentations at the Academy and elementary schools and interview scientists for the Academy's Focus on Science Education newsletter.

Participating students say the program has given them a greater sense of confidence in themselves and their ability to understand and communicate science. More information is available by contacting Academy of Science Intern Coordinator Bonnie Wood at 750-7114.

Celebrations and Awards as Little Vis Ends Its School Year With a Bang!

On June 10, 1993, the Filipino and Samoan Cultural Assemblies celebrated the Filipino Independence Day and the Pacific Islanders' cultural heritage. Two parents, Mrs. Giles and Mrs. Feaugi and a retired teacher, Mrs. Violeta Galvin volunteered to teach students many ethnic dances and songs.



Mrs. Giles with Mrs. Sperring's 2nd grade class dancing the SALAKOT.



4th and 5th graders performing the PAYONG, a Filipino umbrella dance.

Then, on June 17, 1993, all deserving students were recognized for their efforts and achievements during the Awards Assemblies. Merit certificates, medals and trophies were awarded for academic achievement, citizenship, perfect attendance, athletics (basketball and kickball), volunteer services (library, litter patrol, safety patrol) and conflict managers.



Ms. Clark and the Safety Patrol.



Mrs. Christie, Mrs. Wong and the Library Assistants.

Finally, on June 18, 1993, the school auditorium was packed with proud parents, attending the 5th Grade Promotion Ceremony. Ms. Ahimsa Porter Sumchai M.D. was the guest speaker. Dr. Sumchai is a great role model for students, being a native of Visitation Valley. She grew up in the Sunnydale Housing Project, attended John McClaren Elementary School, Luther Burbank Middle School and Wilson High School. She went on to San Francisco State University and U.C. Medical School, to become a brain surgeon.

Dr. Sumchai encouraged students to have big dreams and to work hard to realize those dreams. When she was in elementary school, she wanted to become a paleontologist when she grew up. She was told that her dream was not realistic for a "little black girl from Sunnydale." She did not listen to that advice and went on to study to become a medical doctor and a neurosurgeon.



Dr. Ahimsa Porter Sumchai inspiring 5th graders to have ambitious dreams.



Wendy Obregon and Carrie Howard addressing their 5th Grade classmates.

Guiding Youth To a Healthy Diet

In an era when conflicting reports on foods, health and nutrition appear daily, sorting out the basics of children's nutrition can confuse parents and professionals alike.

At the AMA/IFIC media briefing in New York, Ronald Kleinman, M.D., chief of the Pediatric Gastrointestinal and Nutrition Unit at Massachusetts General Hospital and chairman of the American Academy of Pediatric's Committee on Nutrition, offered sound advice for getting children started on a lifetime of healthy eating habits.

A key question is whether dietary recommendations to reduce disease risk in adults should also be applied to children.

"The ultimate goal of any nutrition recommendation for children is to promote optimal growth and development," Kleinman said. "If we concurrently improve the long-term health of children, that would be ideal. But there is no proof that a change in children's eating patterns will reduce the risk of certain illnesses as adults," he said.

Organizations such as AAP and the National Institutes of Health advise that for children two years old and over, about 30 percent of calories in the diet, averaged over a period of several days, should come from fat. In addition, 10 percent of total fat should be saturated, 10 percent monounsaturated, and 10 percent polyunsaturated. The level of cholesterol should average about 300 milligrams per day.

While fibrous plaques do occur in the blood vessels of some young children, the natural course is unknown. These plaques occupy about one-tenth of one percent of the blood vessel, compared to the 60 percent needed to occlude a blood vessel and cause signs or symptoms of a heart attack, Kleinman explained.

As for high blood cholesterol levels among children, about 60 percent of those with levels over 190 milligrams/deciliter will have high blood cholesterol levels as adults.

Based on these data, Kleinman said AAP's recommendations have been realistically developed so that children can eat with the rest of the family and have ample nutrients to support normal growth. Children should eat a varied diet comprising plenty of fruits and vegetables, lean meats, grains, low-fat dairy products and fish.

Kleinman cautioned that some nutrition recommendations for children are not based on sound science. For example, there is no evidence removing salt from the diet will eliminate the risk of hypertension in all children, nor that reducing sugars or removing dairy products will prevent diabetes.

"Any parent who tries to micro-manage a child's diet by counting the grams of fat in each food or counting the grams of fat on a day-to-day basis is headed for disaster," he said. "It's obsessive-compulsive behavior that yields no rewards whatsoever, and it just creates more tension."

Kleinman also stressed that categorizing foods as "good" or "bad" is senseless. "That's not to say you can't direct your child's food choices or provide a variety of food, including alternatives for specific foods. What it does say is that if your children want certain snacks or desserts, they're not going to be harmed by them," he advised.



Beaver

by Ming Saelee

The beaver is an animal belonging in the mammal group or to be more specific, the rodent group. The beavers are known for their wood building skills and their aquatic lifestyles not to mention their beautiful fur.

The beaver is the largest rodent in North America, second largest in the world. The South American capybara is larger. Adult beavers can grow up to four feet including the tail, and weigh more than sixty pounds. New-borns weigh from eight to twenty-four ounces and fifteen inches long, the tail is about three and a half inches.

There are many different kinds of beavers. A scientific name for beavers that live in North America is called *Castor canadensis*. *Castor canadensis* used to live all over North America from Mexico to the Arctic regions. Now the population is reduced. Most of these beavers live in the northern

wooden regions.

The Old World beaver, *Castor fiber* was common throughout northern Europe. Now it is almost unknown except in parts of the Scandinavian peninsula, East and West Germany and Siberia. The *Castor fiber* is extinct in England. Subspecies include the scandinavia, Elbe, Rhone, Polish, Ural, Mongolian, Canadian, Michigan, Newfoundland, Rio Grande, and the Canadian-bellied beavers.

The beaver has a thick coat of long, reddish-brown hair covering the body and soft, dense, brown underfur. This waterproof fur makes it easy to swim without discomfort. The beaver's toes in the hind foot are webbed for swimming. The second toe on each hind foot ends in a double claw. This lets the beaver comb its fur. The front feet are small and handlike and are used for picking up things.

The tail is shaped like a paddle, broad and flat, and is covered with scaly skin. It serves as a prop when the beaver sits up and as a rudder and scull when it swims. It is also used to signal danger by flapping its tail on the water's surface.

The beaver's head is short and thick. It has small rounded ears and nose that has valves that close when the beaver is underwater. It can stay underwater for up to fifteen minutes. The beaver like other rodents have good teeth. The teeth are hard on the front surface and a soft backing. Since the soft backing wears off quickly, the teeth keep on growing to make up for the wearing. The beaver has a total of twenty teeth.

The beavers eat fresh green bark and wood such as polar, willow and birch. In the summer they eat water plants, berries, swampweed, and fruit.

The beavers became an endangered species by the mid-19th century. They were and still are hunted for their fur, tails, and their musk glands.

Both sexes of the beavers possess scent glands at the rear of the body castoreum which is used in perfumes. Castoreum was also a medicine to heal ailments ranging from headaches to dropsy in the middle ages. Castoreum is also a basic ingredient for aspirin. The beavers' skin was either traded or made into caps, capes, etc.

Beavers live in lodges. The lodges are built in riverbanks or ponds. From a distance, their lodge looks like a platform held together by branches, clay, and dried leaves. When the platform is done, the beaver makes a dome-shaped roof over the platform. The entrances to the lodge are underwater. There are two to six entrances.

Beavers live in colonies and work together. The life of a beaver is about nineteen years.

A mother gives life to two to eight young or kits. The kits are born in the spring. Since the beavers are social animals, the mother beaver might raise kits of other females that have died.

Newborns weigh from eight to twenty-four ounces and are about eighteen and a half inches. When they are born, their eyes are open. They start to learn to swim starting at a month old.

A family is usually a mature pair of beavers and two kits. The kits leave their parents when they are two and a half years old.

When their third summer comes, they are ready to mate. They usually mate for life.

Totally Cool 'Vine Staff Visits the Remains of Adolph Sutro's Baths

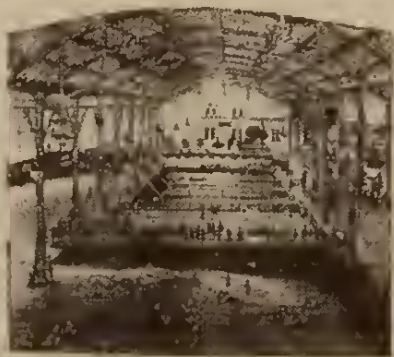
by Ming Saelee

Totally Cool Vine visited Adolph Sutro's greatest achievement along the westernmost edge of San Francisco, was the Sutro Baths, opened to the public in 1896 with an entrance fee of a dime per person. Sutro was San Francisco's leading citizen and Mayor from 1895 to 1897.

All though bathhouses were common at that time, Sutro Baths was the largest facility in the world. It had seven swimming pools: six salt water and one fresh water, and had five hundred dressing rooms. The Sutro Baths also contained a gymnasium, a theatre, a museum which contained stuffed wild animals, suits of medieval armor, Egyptian mummies, a carnival made of tooth-picks, and some of the midget Tom Thumb's personal effects.

The Sutro Baths could hold more than twenty thousand people at a time. The whole complex was covered by a two-acre roof made of 100,000 panes of glass. The Sutro Baths was a popular attraction for the first few decades after it opened.

As time passed, the baths needed work and repairs, so they closed the baths in 1954. Later one of the pools was converted to an ice-skating rink and remained opened until early 1966, when it closed for good.



SUTRO BATHS ca. 1900

The Summer Party

Once upon a time there lived a girl named Lisa. It was almost summer and Lisa wanted to have a party. So she could have a summer party. It was summer and she told her friends if they could come to her summer party. They could. It was the day of the summer party. Lisa's friends came and bought their sleeping bags. When they told scary stories, a boy came and ruined the summer party. It was Lisa's brother. But Lisa's friends like it. Lisa cried and screamed at her brother. Her friends said it was fun and Lisa felt better and told the stories. So they lived happily ever after.



Members of the Totally Cool Vine Staff pose for a group shot while visiting the ruins of Sutro baths on a sunny summer afternoon.

On June 26, 1966, when the building was in progress of being demolished, a fire burned and destroyed the Sutro Baths. What remains is the foundation of the Sutro Baths which is located on

Point Lobos Avenue at Ocean Beach.

If you would like to have a tour on the Sutro Baths, U.S. Park rangers periodically give tours. Call (415) 556-8642 for tour information.

Touch the Stars at the Exploratorium

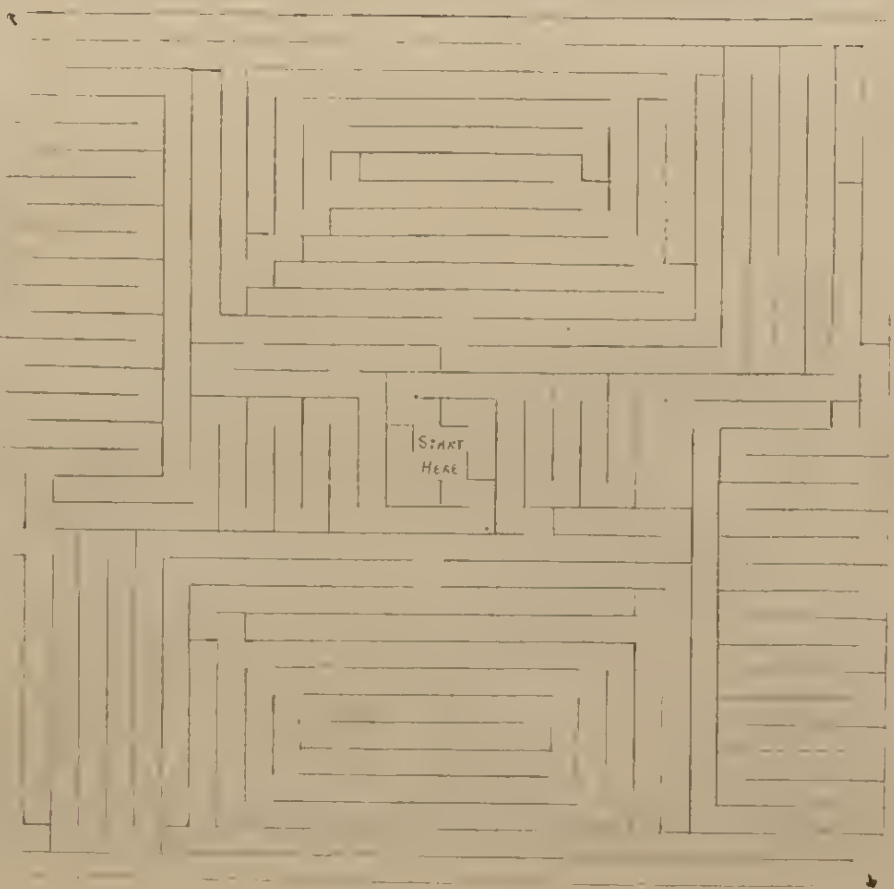
Morrison Planetarium Star Theater is featuring Touch the Stars, a humorous and lighthearted family astronomy show for all ages at 11 a.m. on weekends throughout the year. Each child with a group will receive a booklet of astronomy experiments the whole family can enjoy.

Producing a field of more than 3,000

stars upon its 65 foot dome to create a realistic sky showing the sun, moon planets and stars, the star projector is part of the largest planetarium in northern California.

Tickets are \$1.50 and go on sale 30 minutes before the performance. Call 750-7127 for more information.

Len's Somewhat Challenging Maze



TOTAL VINE

Youth Section of Visitation Valley Grapevine
50 Raymond Ave., San Francisco, CA 94134.
Featuring the talents of: Conchita Beronilla, Joscina Adams, Marina Ngo, Lisa Saelee, Ming Saelee, Eugene Lacy, Monique Sandoval, Tisha Howard, Carrie Howard, Chelcie Loong, Ashley Martin, Hoi Man Ooi, Jasmen and Jessica. Advised by: Julie, Len, Donald, Victoria, Debbie, Kim and Mr. Lacey.

JULY 2:

Ocean Beach

*Beach Party Campfire: Join a ranger for an hour-long program to enjoy the beach, the waves and the night. Bring warm sweaters and marshmallows, 7 to 8:30 p.m. at Lincoln Way and Great Highway (556-8642)

JULY 3

Baker Beach

*Seacoast Defense: Explore the military history of Battery Chamberlin and participate in a demonstration of the last six-inch disappearing rifle, 12:30 to 1 p.m. at the gate to Battery Chamberlin at Baker Beach (556-8642).

Fort Funston

*Hike to the Bank Swallows: Learn about the threatened California bird species while taking a hike through the sand dunes at Fort Funston. Bring water, binoculars, lunch and a bird book, meeting a ranger at the parking lot at John Muir Drive and Skyline Blvd for hike from 10 a.m. to noon. Reservations are required (556-8371).

Marin Headlands

*Summer Birding Adventures: Explore the lagoon and beach to look for a diverse group of summer birds on this gentle walk from 9 to 11 a.m. Bring bird guides and binoculars, and meet birder Peter Ritson at the Marin Headlands Visitor Center. Reservations are required (331-1540).

*Guardians of the Gate: Take a peek at the history surrounding the bunkers and gun emplacements of the Marin Headlands. Hear stories from the days of the first earthworks battery through the Nike missile era, 1 to 3:30 p.m. Meet historian Paul Curry at the Marin Headlands Visitor Center. Reservation required (331-1540).

JULY 4

Crissy Field

*July Fourth Celebration: Show up at Crissy Field and enjoy the annual festivities and entertainment, multi-cultural food and the event's grand fireworks show sponsored by the San Francisco Chronicle and the National Park Service. Wear warm, layered clothing and bring a picnic. Children's activity tent opens at 3 p.m., and stage entertainment starts at 3:30 p.m. with the fireworks at 9:15 p.m. Public transportation is advised to avoid after-event gridlock. Call the hotline (556-1643).

Presidio

*Presidio Cemetery Walk: San Francisco National Cemetery is the final resting place of many famous and interesting people, including pre-Civil War soldiers, a Union spy, an Indian scout and 34 medal of honor recipients. Meet the walk leader at the entrance gate along Lincoln Blvd near the Presidio NCO Club for the 10 to 11:30 a.m. walk. Reservations required (556-0865).

JULY 7

Marin Headlands

*Wednesdays for the Birds: One good tern deserves another. Summer may be the lazy time of year for us, but not for our summer birds. Come watch the pelicans, terns and egrets around the lagoon. Bring binoculars and bird guides. Meet master of birds and bird jokes Carter Faust at the Marin Headlands Visitor Center from 9 a.m. to noon (331-1540)

JULY 10

Fort Mason Center

*Fort Mason Center Tour: Take a guided walk through this cultural and recreational facility where more than 50 arts, environmental and cultural groups utilize converted military warehouses for museums, theaters, galleries, classes and workshops. Meet at Center offices, Building A at 11 a.m. Reservations required (441-5706).

Fort Point

*Pier Crabbing: Learn about equipment, bait regulations and other important aspects of crabbing in the bay from 10 a.m. to noon. Meet a ranger at the Fort Point Fishing Pier with 50 cents bait fee. Reservations required (556-0865).

Lands End

*Shipwrecks and Landslides: Join

Golden Gate National Recreation Area Events in July

the ranger for a moderate two-mile hike along the San Francisco Headlands while exploring the natural and cultural history of the area from 10 a.m. to noon. Meet at S.F. Memorial parking lot north of 48th and Point Lobos Aves. Reservations required (556-8371).

Marin Headlands

*Beginning Birding: This is not a walk to count how many species of finches exist. Rather, which bird book works for you? How do you get the bird in your binoculars before it flies away? These and the art of seeing will be the focus of the day from 9:30 to 11:30 a.m. Meet birder Bill Cain at the Marin Headlands Visitor Center. Reservations required (331-1540).

*Mountain Biking and the Art of Enjoyment: Enjoy the scenery while getting a work-out on this challenging, seven-mile trail ride. Recommended for experienced riders 14 and older, helmets and water are required. Meet trail builder and rider Jeff Jewhurst for the 10 a.m. to 1 p.m. ride at the Marin Headlands Visitor Center. Reservations are required (331-1540).

*Pier Crabbing: What kind of spindly creatures live in the bay waters? Find out about crab species, how and where to catch them, and what to do with them when you do from 10 a.m. to noon. Wear grubby clothes and meet Ranger Mike Smith at the East Fort Baker Pier. \$1.50 per person or \$5 for a family. Reservations required (331-1540).

Presidio

*Presidio Main Post Historical Walk: Join a walking tour of the Presidio covering more than 200 years of San Francisco history, historical architecture, cultural landscapes and natural history. Find out how this army post is becoming a national park from 10 a.m. to noon. Meet the walk leader at the Presidio Main Post flagpole. Reservations required (556-0865).

*Mountain Lake to Fort Point Hike: A three-mile hike retracing the steps of the Spanish explorers who established the Presidio of San Francisco. Dress warmly and wear your hiking boots for weather permitting hike from 10 a.m. to 1 p.m. Meet Bob Halsey at Mountain Lake Park and return by Muni line 28. Reservations required (556-0865).

*Crissy Army Airfield Historical Walk: Learn about the history of Crissy Field, the early Army Air Corps and military aviation pioneers. Meet Wyman Spalding, a pilot stationed at Crissy Field for five years from 1 to 2:30 p.m. Meet in the parking area adjacent to the parachute shop near the west end of Crissy Field. Reservation required (556-0865).

JULY 11

Fort Funston

*Hike to the Bank Swallows: Learn about this threatened California bird species with a strenuous hike through the sand dunes at Fort Funston from 10 a.m. to noon. Bring water, binoculars, lunch and a bird book and meet a ranger at the small parking lot at the intersection of John Muir Drive and Skyline Blvd. Reservations required (556-8371).

*Fog, Wind and Storms: Join Ranger Rebekah Ramos to learn about the strange yet fascinating nature of summertime weather along the San Francisco coastline from 2 to 3 p.m. by meeting at the Fort Funston Hang Gliding Deck.

Marin Headlands

*Taking it to the Trails - A Bicycle Adventure: Bikes do have a place in the Marin Headlands; let a ranger show you where with this easy ride from 10 a.m. to noon good for ages 14 and older with a helmet. Meet Ranger Darcy McDonald at the Marin Headlands Visitor Center. Reservations required (331-1540).

*Guardians of the Gate: (see July 3)

Presidio

*Presidio Main Post Historical Walk: (see July 10)

JULY 14

Cliff House Visitor Center

*Shorebirds of the San Francisco Headlands: Learn about the natural history and identification of many shorebirds that make San Francisco their home for all or part of the year at this slide presentation from 7 to 8 p.m. at the Cliff House Visitor Center. Reservation required (556-8371).

Marin Headlands

*Wednesdays for the Birds: (see July 7)

JULY 17

Fort Funston Nursery

*Coyote and Brother Wind: Bring the little ones to hear stories and sing songs about native plants with Ranger Mary Petrilli. Learn how plants grow by starting some baby plants with seeds from 1 to 3 p.m. for first through third graders. Meet at Fort Funston Native Plant Nursery. Reservations required, limited to 15 (556-8371).

Fort Mason Center

*SS Jerimiah O'Brien Steaming Weekend: The 441-foot World War 2 cargo ship revs up its giant steam engine for a monthly dockside steaming. Souvenirs will be on sale at the ship's store from 9 a.m. to 4 p.m. at Pier Three, Fort Mason (441-3101).

Marin Headlands

*Changing Seasons and Enduring Traditions of the Coast Miwok: On a gentle walk, glimpse a culture that harvested the bounty of the Headlands over many centuries from 1 to 2:30 p.m. How did they do it? Meet Ranger Roxanne Farwell at the Marin Headlands Visitor Center. Reservations required (331-1540).

Presidio

*Old Presidio Walk: Learn about Alta California and the wildlife, native Americans, exploration and settlement of the early Presidio on this easy one-mile walk of the Main Post from 10 a.m. to noon. This program can be conducted in Spanish if requested. Meet Estuardo Sobalvarro in front of the Officers' Club on the Main Post. Reservations required (556-0865).

*Costal Defense Hike: A Scenic three mile hike from the Golden Gate Bridge to Baker Beach. Explore remnants of historic coastal defense batteries from the 1870s through World War 2 from 1:30 to 3:30 p.m. Meet a ranger at the Battery East parking lot above Fort Point along Lincoln Blvd. (556-0865 or 556-1874).

JULY 18

Fort Mason Center

*SS Jeremiah O'Brien Steaming Weekend: (see July 17)

Lands End

*Birds of Lands End: Learn how to identify shorebirds and songbirds that make the Lands End area of San Francisco their home on this hike along the

coastal trail from 10 a.m. to noon. Bring binoculars and a bird book, and meet at the Cliff House Visitor Center. Limited to 20 participants with reservations (556-8371).

Marin Headlands

*Beginning Birding: (see July 10)

*Walks of Wonder: This program will help you to see like a hawk from afar or a mouse in the grass, while exploring the intricacies of a Headlands ecosystem. Bring your sense of discovery from 10 a.m. to noon and meet Ranger Diane Dobos-Bubno at the Marin Headlands Visitor Center. Reservations required (331-1540).

*Backpacking 101: Planning a weekend in the Sierra backcountry, or an overnight stay in the Marin Headlands? Join a ranger from 11 a.m. to noon and learn how to select backpacking equipment and comfortable packing of gear. Meet Ranger Norm Simons at the Marin Headlands Visitor Center. Reservations required (331-1540).

Presidio

*Presidio Architecture and Cultural Landscape: Examine the historic buildings and landscape on the Presidio and see how the post developed since 1776. Many styles of architecture will be seen from 1:30 to 3:30 p.m., so bring a camera. Meet a ranger at the flagpole in front of the Officers' Club at the Main Post (556-0865 or 556-1874).

JULY 21

Marin Headlands

*Wednesdays for the Birds: (see July 7)

JULY 23

Ocean Beach

*Beach Party Campfire: (see July 2)

JULY 24

Fort Mason Center

*Fort Mason Center Tour: (see July 10)

Fort Point

*Pier Crabbing: (see July 10)

Lands End

*Shipwrecks and Landslides: (see July 10)

Marin Headlands

*Blue Gum Walking Stick Workshop: Fashion a whimsical walking stick from a branch that makes you want to go walking. Decorate it to make your own and then try it out on a gentle Gerbode Valley stroll from 10 a.m. to 12:30 p.m. for ages 10 and older. Meet Ranger Gail Lester at the Marin Headlands Visitor Center with one dollar materials fee. Reservations required (331-1540).

JULY 25

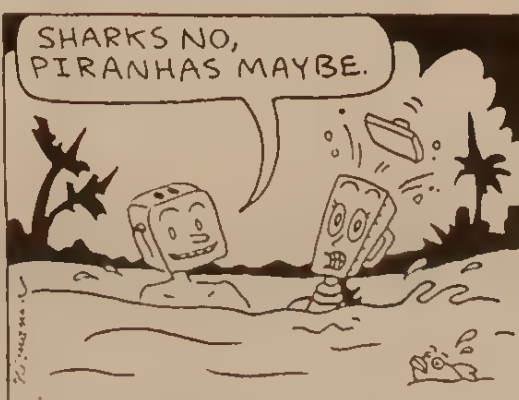
Fort Funston

*A Pen to Guide Me: Let the wind, the sand and leaves guide your imagination to create a poem or story you feel inside. Join Ranger Rebekah Ramos from 10 a.m. to 3 p.m. to discover a few secrets and techniques to nature writing. Hiking will be moderate to strenuous. Bring writing materials, water and lunch along with layered clothing and comfortable shoes. Meet at the Fort Funston Native Plant Nursery. Reservations required, and limited to 15 persons (556-8371).

Marin Headlands

*Art Forms in Nature: A gentle walk will train eyes to see patterns in rocks, leaves and sand, later drawn with watercolor pencils. Fun for ages eight and older from 12:30 to 4 p.m. Meet artist Vesta Kirby at the Marin Headlands Visitor Center. Reservations required (331-1540).

Toaster Head By Mark Ziemann





by
Shirletha Holmes-Boxx

Congrats to All the Grads!

Members of the Gang Prevention "Flash Girls Group" have successfully been promoted to Middle School. Brandy Alexander, Ayesha Benson, Christina Drummer, Ethea Lucas- she received an award for creative writing, and Revina Mitchell.

Flash girls we are very proud of your accomplishments and we look forward to your next graduation from middle school to high school.....Keep Up



The Good Work

Nakia Branner and my dear son Kumalo Ealom - members of the Class of 1993 at Independence High School proudly walked across the stage to receive their high school diplomas.

Kumal has a story to tell about the struggles and obstacles of a young black man trying to make it in a school district that is geared toward the failure of black males. This story is forthcoming soon.....before he leaves for college. Special thanks goes out to Mr. Harrison, and Mr. Billups.

FIRST CHILDREN'S CENTER



a warm and nurturing environment
to help the child grow
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FILES OF R. U. BLAME PRIVATE EYE

By Frank Waturl

When we last left Detective Blame and his assistant Gus Goner, they were inspecting the Suzy Q, a boat owned by local fisherman Joe Bulango, who had mysteriously disappeared at sea the night before. Although police and the media had initially presumed Bulango drowned, his sister Sally pleaded Blame to further investigate the situation.

After boarding the unattended vessel docked the following night at a pier in the harbor, Blame had entered the boat's front cabin to look for clues and was just coming up the steps to the deck when a large machete struck the cabin door just inches over his head.

STRANGERS IN TOWN

Blame took a deep gulp and breathed deeply as he raised his eyebrows while staring at the massive blade embedded in the wood above his head. He instinctively reached towards the implement's handle to prevent his assailant from trying to retrieve the instrument but stopped to watch the darkened figure of a tall barely man with no hair wearing a black stocking cap and a dark trenchcoat make a sloppy leap from the boat's rusted metal railing onto the pier and run into the fog, his shoes echoing a fierce clomping against wooden boards.

"Hey boss, there's some guy running down...whatcha got there?" asked Gus as he walked from the Suzy Q's stern to see Blame pulling the machete from the door with the large folded handkerchief he kept in his coat pocket.

"Our first clue," replied Blame as he carefully eyed the blade. "I think the guy running down the pier wanted to feed my head to the fish! Hopefully we can get a good print off this thing and find out just what Mr. Head-Chopper-Off knows about our missing fisherman."

Both men hopped off the boat and walked up the pier to Blame's car, an old blue Plymouth which noisily whisked them to a nearby police station where a scientific friend of the detective was always more-than-willing to lend a hand from a cramped laboratory he manned in the basement. But to a virtually unsurprised Blame, the attempted murder device came up...

"Clean as a whistle! Not a print on it! The guy must have been wearing gloves," said labman Kevin Clam, a pencil-thin giant of a man who wore the same ragged white smock day-in-and-day-out, as he motioned the machete back and forth to simulate chopping through a jungle amidst an array of test tubes, bubbling liquids and disorganized charts hopelessly piled in tilting heaps atop dirty wooden tables that hadn't been cleaned in years.

"How do you get things done around here?" questioned Gus, as he scribbled several tic-tac-toe grids into dust which adorned several black three-ring

binders on a chair in front of him.

"Don't ask!" answered Clam, as he laughed while pulling half an L&M from a crumbled pack, striking a match against the wall and nearly lighting his larger-than-normal nose while trying to find the cigarette at the corner of his lips. "But don't hesitate to give me a try if you find any other leads, Roscoe. The world of progressive science is at your command," he said while sticking his hand out over his equipment Ed Sullivan-style as Blame grabbed the machete and exited the laboratory with Gus up the narrow staircase, through the front office and into the nighttime air where they were met by another cigarette smoking man wearing a distinct green plaid coat.

"Good evening to you two gentlemen," greeted the man as he stopped to flick an unusually long cigarette ash into the gutter. "What you two doing in the cooler? Having more of those secret meetings?"

"Just visiting an old friend, Rico," answered Blame as he motioned the large knife towards the police station's front entrance, drawing a curious reaction from the smaller man. "And what are you doing? Making your evening rounds?"

"Oh, no," answered Rico. "I'm just out for a breath of fresh air between my favorite TV programs and...say, where did you get that big knife?"

"Somebody tried to make a cabob out of his head with it," answered Gus, as the detective smiled in embarrassment and retorted, "And now we're gonna use it to make a Gus-cabob!"

"You know something," said Rico as he glared at the implement, "this knife looks awfully familiar, but I just can't place it."

"You know who it might belong to?" questioned Blame as he handed the machete over to the smaller man who squinted his eyes as he twirled it around several times studying every detail of its craftsmanship before answering, "...possibilities. You might wanna try asking some of the guys who hang around the Sea Captain House up in Lintville about this," advised Rico as he handed the knife back to Blame before continuing on his aimless journey.

"Well, let's get going to the Sea Captain, Gus," instructed Blame to his somewhat apprehensive assistant.

"Now?" questioned Gus. "But it's getting late and..."

"And we're going to Lintville," finished Blame. "I've been to that hang-out before, and now's just the right time to catch the cream-of-the-crop up there."

Both men jumped in the Plymouth and drove up the highway for about an hour before coming to a battered sign designating Lintville to be three miles down an unpaved winding road. Several slight detours were made around overgrown potholes and suspiciously placed boulders before arriving at another sign adjacent to a disorganized cluster of wooden shacks announcing their arrival.

"Hew boy, is this place ever well named! I'd sure hate to live here," commented Gus as he took note of several local residents screaming at one another while throwing garbage through their back doors.

"It's not even a nice place to visit," added Blame, "but we're here on business. There's the Sea Captain House over there. Now remember, just act natural...you know, like you're supposed to be coming here."

Blame stopped his car at the rear of the building and both he and Gus walked through a dirty warped brown plywood door to step into one of the darkest, dingiest taverns known to man. Strange live piano music kept a most unrhythmic beat to scratchy old jukebox selections playing through battered speakers hanging from rafters below a rotting ceiling.

Several card games were going on at various tables with each of the rough sea-battered players simultaneously yelling and spitting at as accusations of cheating seemed commonplace. Several rough looking characters in a corner alcove were engaged in a heated dart game which periodically stopped for faces to be punched in determining which of the darts had accumulated the most points.

"So what are you sissy boys drinking?" asked a tall thin bartender with a dirty white apron and a black patch over his left eye to Blame and Gus, who were still overwhelmed by the wide array of activity taking place in such a relatively small amount of space.

"Uh, just a couple of beers," requested Blame as he continued to look around the establishment hoping to spot a profile matching that of the assailant guilty of accosting him earlier that evening.

"You boys ain't men unless you're drinking this!" said the bartender in a gravelly voice as he poured a rust-colored liquid from an unlabeled bottle into two dirty glasses, gesturing Blame and Gus to drink-up.

"Er, ah, thanks," replied Blame, as he

carried both glasses of rotgut to a nearby empty table where both men sat to resume their observations.

"We should be looking for a guy named Duffo," suggested Blame as he contemplated taking a sip of the obviously home-made concoction before his concentration was broken by a flying dart, which struck the top of the table just inches from the detective's hand, a situation made further confusing by the lack of anyone retrieving it.

"Well, that's twice tonight," commented Gus to a still startled Blame as the detective yanked the steel-tipped missile from the table and added, "Oh, yeah, and I guess the third time will be the lucky one!"

No sooner had Blame dispelled his wit that both men noticed a group of several bearded men congregated in the corner of the room pointing in their direction. After a brief strategy session, the contingent slowly approached the table, each man sporting a facial expression definitely not conducive to cordial interaction.

"Here comes your lucky third time," commented Gus to Blame, as a tall fat tattooed man with a big bushy beard, no hair, missing teeth and an enormous beer belly motioned the others forward while approaching Blame and Gus from another angle.

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WORD LIST

Fourth
Of July
Seventeen
Seventy six
United States
Birthday
Declaration
Of Independence
Freedom
Birth of
A New
Nation
When
In the
Course
Of Human
Events
It Becomes
Necessary
For One
People
To
Dissolve
Political
Bonds

INDEPENDENCE DAY

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Mayors of San Francisco

EDWARD POND

With Mayor Washington Bartlett soon headed for Sacramento after being elected governor of California, political boss Chris Buckley searched for another Democratic candidate to run in the fall 1886 mayoral election. He selected merchant Edward B. Pond, who had already served two terms on the San Francisco Board of Supervisors, as his candidate, again achieving another victory when the City's 21st mayor took office on January 3, 1887.

Pond had been born on December 7, 1833 at Bellville, New York and travelled westward by land to California before eventually settling at Obico in 1855. Prospects of better business later drew him to San Francisco.

His mercantile prominence in the

sprawling community, coupled with decades of service as both director and president of the San Francisco Savings Union soon afforded Pond the opportunity to serve as a City official, where he took great notice of the problems the growing populous incurred: poorly maintained streets, constant fiscal shortcomings, an inadequate school system, a poor jail, skyrocketing transportation and utility rates, and funding for a yet completed Golden Gate Park. A huge new City Hall was also being constructed at a snail's pace, and needed a continual cash flow to keep its builders attentive.

Pond worked diligently to keep City costs down, earning him a second two-year term, which he later followed with an unsuccessful bid for governor in 1890 before returning to private business. He died in San Francisco on April 22, 1910 at the age of 87.

They Were San Franciscans

HALL McALLISTER

Legend has it that Hall McAllister was so intent in making a name for himself that he actually bribed a City official with a bottle of champagne to get a street eventually named after him. He was even reputed to have gambled away an elegant mansion atop Nob Hill on a single hand of cards.

Born in Georgia in 1826, the esteemed attorney came to San Francisco after graduating from Yale, arriving on the ship Panama in 1849, about the same time the notorious Hounds, a large band of lawless ruffians began terrorizing the citizens of San Francisco.

Soon appointed attorney for the San Francisco district by General Bennett Riley, the military governor, McAllister was soon pressed into service as counsel

for both the prosecution and defense, successfully presided over trials eventually convicting nearly two dozen ringleaders of mayhem, and promptly placing them all on ships heading out of the Bay Area to prevent acts of hysterical vengeance from occurring by the citizenry.

McAllister's success followed in the footsteps of his father, Judge Matthew H. McAllister, who practiced law in his native state of Georgia for nearly three decades before becoming the first judge of the United States Circuit Court in San Francisco.

Once commenting on the speculation of then useless acreage to the west of the street eventually named for him, McAllister commented that could have fulfilled an urge to purchase the worthless sand dunes later converted to prime real estate adjacent Golden Gate Park for a colossal profit.

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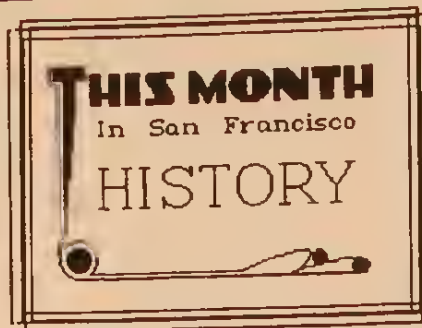
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Potlucks
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Cooking Class
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etc...etc

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July 1: In 1860, a three mile single track was completed by the San Francisco and Mission Railroad from the foot of Market St. to Mission Dolores. In 1899, after nearly 30 years of construction, the new City Hall at the corner of Market and McAllister Sts. was finally completed. It would last less than seven years due to heavy damage in the 1906 earthquake. In 1967, Bay Area Rapid Transit construction crews began excavating the dirt below the surface of Market St. for a subway system.

July 4: In 1850, the Alta California, San Francisco's first daily newspaper, became the first California publication to be printed on steam-powered presses. In 1876, San Franciscans first witnessed a display of electric light, shown from the roof of St. Ignatius College. In 1882, the Telegraph Hill Observatory first opened its doors. In 1903, President Theodore Roosevelt sent the first message to the Philippine Islands on the new Pacific Cable. In 1907, Telegraph Hill's Pioneer Park was dedicated.

July 5: In 1934, disgruntled City workers and police clashed in the general strike's "Bloody Thursday," resulting in two fatalities.

July 9: In 1846, a United States flag was first raised in San Francisco, then known as Yerba Buena.

July 13: In 1898, the Ferry Building at the foot of Market Street opened.

July 15: In 1917, a celebration was held at the west portal of the Twin Peaks Tunnel to celebrate its completion.

July 17: In 1853, Bishop Alemany laid the cornerstone of Old St. Mary's Church at California St. and Grant Ave. (then Dupont St.) to commence construction.

July 19: In 1880, San Francisco opened its first lending library. In 1955, the Balclutha, now on display as part of the Hyde Street Pier, first tied up at Pier 43 as a floating museum.

July 23: In 1852, the Presidio's U.S. National Cemetery received its first interment.

July 25: In 1903, a mysterious fire destroyed the 21-year-old castle observatory at the peak of Telegraph Hill.

July 28: In 11849, the Memnon made a 120-day voyage from New York to become the first clipper ship to arrive in San Francisco Bay.

July 29: In 1958, with dwindling patronage due mainly to the 22-year old Bay Bridge, the Southern Pacific Bay Ferris discontinued service.

Love, Power and Knowledge at the Exploratorium

Author of numerous articles on science and social issues, Exploratorium Bernard Osher Fellow Dr. Hilary Rose will present a public lecture: Love, Knowledge and Power in the Exploratorium's McBean Theater on July 21 at 7:30 p.m.

Professor of Social Policy and Director of the West Yorkshire Centre for Research on Women, University of Bradford, Dr. Rose has her Ph.D. in the Sociology of Science and is the author of the new book: Love, Power and Knowledge.

Admission is included in the museum's entrance price. Call 961-0361 for more information.

Through an endowment from the Bernard Osher Foundation, the Exploratorium has also established a program in which outstanding men and women from the arts, science and humanities are in-residence at the museum. Three leading British experts in the field of education this month will include Dr. Steve Rose of the London's Open University, Dr. Paul Black of Kings College in London and Dr. Hilary Rose, who will lend their knowledge and expertise to major new initiatives in the development of the

Exploratorium's Center for Teaching and Learning.

FIVE YEARS AGO IN THE GRAPEVINE

JULY 1988

*After 59 productive business years in Visitation Valley, the Gatti Nursery closed its doors on June 27.

*Thanks to an alert resident, 31 cases and two bags of fireworks were confiscated by police at a Peabody St. residence after the explosives were moved there in mid-June.

*Tuesday Social Club planned its final meeting for August 16 after 18 years of gatherings in Visitation Valley.

*Visitation Valley Community Center's Board of Directors elected new officers for the 1988-89 fiscal year including Eugene Lee, president; Leonora Jordan, vice-president; Anne Kaartunen, secretary; and Kenneth Umbarger, treasurer.

*Community muralist Jo Tucker received a \$5,600 grant from the Morris Stulsaf Foundation for formation and painting of neighborhood murals.

Grapevine Crossword

ACROSS

1. Reddish coating
5. Sudden utter
10. Implore
12. Electrical engineer
13. No information received (ab)
14. Between
15. Fourth musical tone
16. First vowel
17. He, she, _
18. How Sweet it _!
19. Uproar
20. Skin problem
22. Expel
24. Center
25. Intercontinental (ab)
26. For
27. Second vowel
29. Appliance company
30. Compartment
31. Curved line
33. Overdose (ab)
34. Made by 29 across
36. Protest
37. Yield
- DOWN
1. Fissure
2. Singular
3. Tension
4. Translation (ab)
5. Lure

6. Limited (ab)

7. Fifth vowel

8. Perfect

9. Harness

11. Expel

19. Withdraw

20. Overtime (ab)

21. Ancient order (ab)

22. Make

23. Intensity

24. Final musical passage

26. Implement

28. Measure of land

30. Private (ab)

32. Bright color

35. South Carolina (ab)

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• PEG • MOOD •
ERA ••• TOUR
MALTA • ERMA
PCT • RED • PN
IT • DEN • CLR
RIDE • DROLL
ECON ••• ONE
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Burton Bill Cracks Down On Business Invasions

Hailed as a step combatting and rampart, gang related business and home invasions, Assembly Bill 1957 (Burton, D-San Francisco) was approved by the Assembly Committee on Public Safety.

"Merchants in San Francisco and throughout California are under siege by gangs and the threat of invasions, burglary and violence in their places of business. Like all Californians, business owners deserve adequate protection, and the State should provide stringent punishments for offenders. No one should be fearful of operating a business, handling cash receipts or keeping their doors open to customers. AB 1957 helps to protect California's businesses by cracking down on invasion crimes," explained Assembly Member John Burton.

According to Sergeant Dan Foley, spokesperson for San Francisco's Gang Task Force, Business and home invasions type crimes are increasing dramatically. And, in the Sunset, Richmond and Central police districts, restaurant take over type robberies are especially troublesome.

"Without tough penalties in places to deter these types of crimes, California business owners are especially at the mercy of gangs and vandals. AB 1957 goes a long way towards ensuring business owners, employees and customers are protected from this new type of terrorism," Burton added.

Among its many components, AB 1957 expands upon home invasion legislation now being discussed (AB 779, Costa-Burton) to also protect business owners against invasion crimes. AB 1957 creates two degrees of premises

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
								1	182/183	2	183/182	3	184/181
								11:00am VVCC Senior Council Meeting 7:00pm ROSTS: Patrons Police Community Relations Noonmen Day (Canada)		7:00pm Visitacion Valley Area Residents' Assn 8:00pm Valley Baptist Youth Groups		O.L.V. Parish Community Organization	
4	185/180	5	186/179	6	187/178	7	188/177	8	189/176	9	190/175	10	191/174
1:00pm VVCC Bingo Independence Day										8:00pm Valley Baptist Youth Groups			
11	192/173	12	193/172	13	194/171	14	195/170	15	196/169	16	197/168	17	198/167
1:00pm VVCC Bingo				1:00pm VVCC Bn 4:00pm Strozzi's Terrace A 7:00pm El Dorado Neighborhood		6:00pm Executive Park Advisory Committee-open to all				8:00pm Valley Baptist Youth Groups			
18	199/166	19	200/165	20	201/164	21	202/163	22	203/162	23	204/161	24	205/160
1:00pm VVCC Bn										3:00pm Visitacion Valley Improvement Club 8:00pm Valley Baptist Youth Groups			
25	206/159	26	207/158	27	208/157	28	209/156	29	210/155	30	211/154	31	212/153
1:00pm VVCC Bn								USDA Surplus Food Distribution Day at VVCC		8:00pm Valley Baptist Youth Groups		9:00am Tenderloin Arts Festival	

June						
S	M	T	W	T	F	S
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27	28	29	30			

August						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

invasion. The first degree of premises invasion relates to home invasion, and the second degree of premises invasion relates to occupied business invasion. Business invasions, or second degree premises invasions, will be punishable by two, three or four years in state prison.

Specifically, AB 1957 provides that in order to be guilty of premises invasion of second degree,

0 A person enters a commercial premise or residential structure.

0 The entry is committed by forced or violence and against the will of a person therein.

0 The entry is done with the intent or harm any person therein.

0 The person is acting in concert with the person, threats to inflict great bodily injury on another individual.

It's time the Legislature and the Governor do their part to help crack down on violent crime. Detering business invasions is an integral part of this effort," concluded Burton.

REGULAR MEETINGS OF CITY COMMISSIONS & BOARDS

Airports Commission	1st & 3rd Tuesday	3:00PM
Arts Commission	1st Monday	3:00PM
Board of Education	2nd & 4th Tuesday	7:00PM
Board of Supervisors	each Monday	2:00PM
Commission on Aging	1st Wednesday	9:30AM
Comm - Status of Women	4th Thursday	4:00PM
Health Commission	1st & 3rd Tuesday	3:00PM
Housing Authority Comm	2nd & 4th Thursday	4:00PM
Human Rights Comm	1st & 3rd Thursday	4:30PM
Library Commission	1st Tuesday	4:30PM
Planning Commission	each Thursday	1:30PM
Police Commission	each Wednesday	5:30PM
Port Commission	1st Tues & 3rd Wed	4:30PM
Public Utilities Comm	2nd & 4th Tuesday	2:00PM
Recreation & Parks	3rd Thursday	2:00PM
Social Services Comm	4th Thursday	9:30AM



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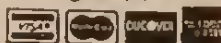
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Rhinoceros Population Near Extinction As Asian Horn Market Continues



By Ze'ev Boded

Rhinos are nearly extinct, and the reason why is very clear: the Asian market for rhino horn is exterminating them.

It is important to know a rhino's horn is not really a horn at all. Antelopes, goats and some other ruminants carry true horns on top of their heads. But that pointed cone sitting out on the rhino's nose is made of keratin, which is very similar to fingernails, and continues to grow through the animal's life, growing back very soon if trimmed off a living animal.

Rhino horn is most frequently prescribed by traditional Chinese doctors as a means of reducing fever. There are conflicting reports of it working - but even if it does, it cannot be any more effective than simple aspirin.

Traditional prescriptions usually call for only a few grains to be filed off a rhino horn. But in a country like China where the human population exceeds a billion, even if only one person in a million wanted (or could afford) a rhino horn prescription, the consequences would be catastrophic. And they are!

There are also reports of rhinoceros horn being used as an aphrodisiac, but these are very rare. Similarly, the use of rhino horn for dagger handles in certain Arab countries has declined dramatically in recent years.

Yet, the Oriental pharmaceutical trade is enough to impose disastrous consequences on the world's surviving

rhinos.

Let's consider their present status. There are five horned species of rhinoceros alive today, all of them endangered, some critically so, including: the great one-horned (1,724); Javan (54); and Sumatran (962) rhinos of Asia; and the white (5,231) and black (3,481) rhinos of Africa. Within these there are a number of subspecies that are critically endangered. For example, there is a subspecies of Sumatran rhino living in a small region of eastern Sabah (Malaysia) that numbers no more than 30. In an arid part of north Cameroon, there is a subspecies of black rhino with only about 15 surviving members still suffering poaching.

Not only are the numbers very low, but the population trends are mostly downward. Back in 1970, the entire African population of black rhinos was estimated to be at least 65,000. Today, as noted above, the highest estimate is under 3,500. More than 61,000 black rhinos, or 94 percent of the entire population, have been lost, averaging out to about 2,900 killed each year for more than two decades. At this rate, black rhinos have just about a 1-1 month life expectancy as a species.

If the catastrophic decline of the rhinos is clear, so are the reasons for it. Virtually all rhinos being killed today are slaughtered to supply rhino horn markets in China, Taiwan and South Korea. Each of these countries has been importing tons of horn from poached rhinos while lying to the world about their concerns for protection of these animals. Let's look at each of the rhino horn market countries individually.

China is a member of CITES, the endangered species treaty, and therefore agrees that rhinos are endangered and all trade must be banned. Never-

theless, China has several government-owned pharmaceutical factories presently manufacturing products which contain rhino horn. Many of these preparations are sold in China, but some are exported in direct violation of CITES. China acknowledges to having a government-owned stockpile of at least ten tons of rhino horn which it claims to have stopped importing. But Chinese factories continue to make pharmaceutical products while the nation's rhino horn stock never seems to go down.

Taiwan cannot become a member of CITES because of complications in the United Nations' China policy. Nevertheless, Taiwan claims to enforce CITES on its own with a self-imposed ban of imported rhino horn nearly a decade ago. Its government has invited owners of rhino horn to register their stocks, with 410 companies so far tabulating 1.4 tons of horn. But there is no penalty for not reporting stockpiles, and most people involved with the issue believe the real level of rhino horn in Taiwan today is about 10 tons. A study conducted last year revealed that of 13,663 traditional pharmacies surveyed in Taiwan, 10,521 had rhino horn in stock, and there is much evidence of a brisk trade today.

South Korea can join CITES but refuses to do so, remaining the last highly industrialized country to reject all invitations to join the endangered species treaty. South Korean laws ban the import of rhino horn, but there is no record of it ever having been enforced. A recent survey of South Korea's Chegidong wholesale medical market revealed rhino horn being widely available.

In each case, the country involved claims to have banned the import of rhino horn years ago, with some having made elaborate public relations gestures such as organizing rhino conservation conferences and burning government stocks of rhino horn. But in each case, it is clear the issue is not taken

seriously enough to warrant committing adequate police, customs and legal resources to stop the flow of horn entering into their countries. In some cases, it appears there is tacit government approval of continued imports.

It is not impossible for them to shut down the rhino horn trade, as some of their neighbors have been very effective. When Japan joined CITES in 1980, authorities there made an intensive and successful effort to shut down their country's rhino horn trade.

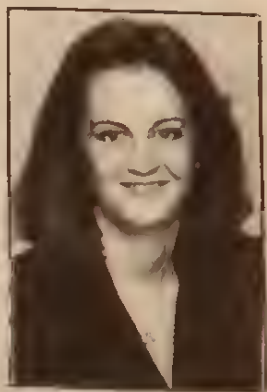
Prices have escalated dramatically in recent years and are now quoted at \$27,000 per pound for Asian rhino horn in the Taiwanese wholesale markets. African rhino horn is considered less valuable and currently wholesales for about \$4,000 a pound.

Laws of supply and demand suggest that as rhinos are forced nearer to extinction, the dwindling supply will push the prices even higher. There are many reports of people buying rhino horn today solely as an investment, speculating on the ultimate extinction of the animals.

This terrible exploitation is being fought in many ways, with park rangers assigned to anti-poaching responsibilities with a wide variety of equipment - from 4x4 vehicles to common water canteens.

Another effort involves working with several park departments, chemists and other experts to create a "rhino cocktail" involving a combination of substances which can be routinely soaked into a live rhino's horn; absolutely safe for the animal but hazardous to the health of anyone swallowing it. Preparations being considered could cause diarrhea, severe gas pains and other various types of discomfort. A few of these horns circulating in the marketplace might discourage consumers. And poachers, knowing the rhino horn is contaminated, might not take risk in killing the animal.

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